SACWN Inc.

SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

April/May 2005 Vol. 42

Inside

SACWN Newsletter Policies & Mission p. 2

Happenings p. 3

SIG Activities p. 4 & 5

This and That p. 6

Phenomenal Woman p. 7

Financial News p. 8

Mondavi Center p. 9

Support our Advertisers p. 10

SACWN Membership Application p. 11

SACWN Valentine Dance Was a Great Success!!

What great fun we had! The dance floor was full the whole evening. We had 224 women in attendance. Many people commented how much they were enjoying themselves.

We want to thank the wonderful Sisters of Scota who did our security for the dance. Also, we had some super volunteers who came in early on Saturday afternoon to help set up the tables, blow up all those balloons, tie them off, and do all other jobs that make our event even more successful. And, of course, thanks to all the steering committee members who put in so much time preparing the food and setting up the bar. It was all fantastic!

****

Freedom Fair's New Name is Sacramento PRIDE

(From the Lambda Link)
The Lambda Freedom Fair has changed its name to Sacramento PRIDE. In an informal survey conducted after last year's Fair, about half the people surveyed did not know what the Lambda Freedom Fair was. Some surveyed had lived in Sacramento for years. When asked, all people surveyed were in favor of changing the name to Sacramento PRIDE and felt the name would better identify the event. If you want to know more about being part of the event this year, go to their website: www.sacpride.org.

The event will be held on Saturday, June 11 at Southside Park from 10AM to 6PM.

2005 Pride Theme: Equal Rights - No More - No Less!
Sacramento Pride is the oldest and largest LGBTQI pride event in Sacramento. Started in 1984 as the Lambda Freedom Fair, this year marks the 21st annual Pride. This year we are adding a parade. The last parade was in 1983.

Sacramento Pride is the primary source of income for the Lambda Community Fund which operates the Lambda Community Center. ALL money raised at Pride goes to support the Fund for the following year. This allows us to provide resources and programs to the community.

THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

PO Box 19036
Sacramento, CA 95819-0036
916-451-8034
SACWN1@yahoo.com
Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP COMMITTEE
Cindy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
Margaret

TREASURER
Cindy

CHARITY ADVISOR
Mary Lou

LOGISTICAL SUPPORT
Colleen

MARKETING/ SPECIAL PROJECTS
Kelli

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.
In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@surewest.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (April 7, May 5 and June 2). We have moved our meeting location to Wyndancse Women's Center. The address is 2400 Glendale Lane, Suite E. (It's off of Alta Arden near Fulton.) Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@yahoo.com with your ideas.

Happenings in the Community

Freedom Fair's New Name is Sacramento PRIDE

(From the Lambda Link)
The Lambda Freedom Fair has changed its name to Sacramento PRIDE. In an informal survey conducted after last year's Fair, about half the people surveyed did not know what the Lambda Freedom Fair was. Some surveyed had lived in Sacramento for years. When asked, all people surveyed were in favor of changing the name to Sacramento PRIDE and felt the name would better identify the event. They started a logo contest with submissions due January 28. If you want to know more about being part of the event this year, go to their website: www.sacpride.org.
The event will be held on Saturday, June 11 at Southside Park from 10AM to 6PM.

****

Here's a group based in San Francisco which may be of interest to women in our area.

Lyon-Martin Women's Health Services offers a full spectrum of health care and outreach services. Founded in 1979, we serve over 3,000 women each year. While lesbians continue to be our primary target for services, we have designed our program to meet the needs of many communities of women. We take pride in our commitment to identifying and incorporating in our health services the emerging health needs of women.
http://www.lyon-martin.org/

Camping Women Activities

May 20-22 at Camp Menzies which is about 5 miles past Calaveras Big Trees State Park. Meals will be provided. Cost for food is $20. There's lots of work to be done. There are some sleeping cabins with cots and mattresses. New flush bathrooms with showers are nearby. You can bring your RV (dry camping), van, truck or pitch your own tent. Register by e-mail to shirlotte@comcast.net or phone: 916-451-6979.

June 13-26 Camping Women will be at Lake San Antonio which is 28 miles Northwest of Paso Robles and Highway 101. There are 35 sites, each with electricity, water and sewer. Nearly all the sites are shady either part of or all day. There's a huge lawn area nearly as big as a football field which is perfect for badminton, croquet, and/or volleyball. There are two horshoe pits outside the grassy area in full shade.
There's a large clubhouse with kitchen facilities, refrigerators, tables, chairs, deck overlooking the lawn and a huge outdoor BBQ pit. This will be for our exclusive use and a great venue for playing board and card games, having potlucks, line dancing, workshops and meetings.
There are hiking trails throughout the area, a marina where boats can be rented, a small general store where you will find groceries and videos for rent, a laundromat and cafe. There is a large beach area for swimming and multiple places to drop a fishing line in the water. There are photos on the website: www.campingwomen.org
Also on the website is the application for membership in Camping Women.

The greatest weapon against stress is our ability to choose one thought over another.

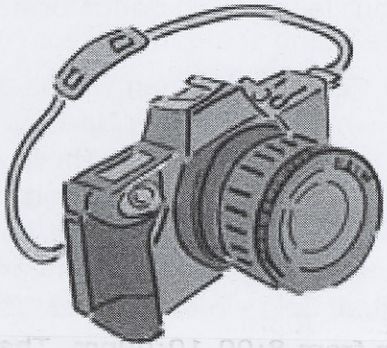
William James

Special Interest Groups (SIGS)

Do you have an idea for a new special interest group?
Come to our Monthly Steering Committee meeting and present your idea.
We're always happy to offer more groups in which our SACWN members can participate!

Photography Group

Bring your camera (digital or film) and enjoy meeting with other women who love photography. At our meetings we'll discuss where our next shoot will take place, share ideas and recent pics. etc. Underwater photographers are welcome. Contact Jessica at 580-7322. E-mail punky@surewest.net



Couples Dinner Group

The Lesbian Couples Dinner Group formed in the summer of 2003. We have a great time sharing good food, good conversation and friendship.

We have approximately 11 couples that meet on a monthly basis at different local restaurants or a couple's home. We are always open for suggestions as to restaurants or activities.

All lesbian couples are welcome to join us for dinner or whatever activity we are having. We meet once a month at a local restaurant to enjoy good food, good friends and good conversations. To find out where the next Couples Dinner is going to be, please contact jazlady88@hotmail.com. Hope to see you soon!

Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for both singles and couples. Each month we get together for a meal at a local restaurant or at home pot lucks.

Our April event is: Easter Potluck and 2nd Annual Easter Bonnet Contest.
It will be at Betty and Dot's home. Saturday, April 9th, 2:00 PM. RSVP: (916) 456-2577, by April 5th, to get directions. Our hostesses will provide the main course, attendees will provide their own drinks, and a sidedish to share. To encourage continuation of this lovely warm weather, please wear an Easter Bonnet of your own creation. They will be judged, and prizes will be awarded! These creations added a bit of whimsey and a lot of laughs to last year's celebration!

Our May event will be a Bowling/Pizza Party. Finalization of plans to be announced soon. Watch your e-mails or call Kathleen at (916)359-5737 for further information or to get on the e-mail list.

Our June event is our Annual Ice Cream Social. Joyce is hosting at her home. It will be on Saturday, June 18th, 2:00 PM. RSVP: (916) 987-1069, by June 14th, to get directions and suggestions of what to bring. Bring your own drinks, and something that goes with or on ice cream!!!

July will be our Swim party/potluck at Sue Granger's. I have a great deal of trouble getting her on the phone, but I'll give you more details as the date gets closer.

Nothing is planned for August, yet. September will be our 2nd Annual Bar-b-que/Picnic in the Park, hosted by Dee and Jane. October, November, and December will be our annual holiday events. I'll send you more details as the months get closer.
Hope to see you on the 9th
Nameste, Kathleen

Seasoned Singles

is for single women over the age of 50 who live in the greater Sacramento area. We are happy to announce the Margaret is going to be our new leader for the Seasoned Singles. You can contact her at sacto2251@aol.com or (916) 684-8996. Thanks so much for volunteering to lead this wonderful group, Margaret!!

SIGS and Other Groups Of Interest

More Sigs Through SACWN

Arts and Entertainment Group (A&E)

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you're interested in participating in or coordinating an event, contact Dee at 443-2377.

Want to know what else is happening in the area? Check out these groups.

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - itsfnews@hotmail.com or PO Box 95, El Dorado, CA 95623.

River City Bowlers: Sacamento's only Gay and Lesbian Bowling League. Contact person is Tom Lane. 916-635-1535.

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org. For local information e-mail Sharon: shtaylor@dfg.ca.gov.

The Gay & Lesbian Sierrans is another group you may enjoy. They do day hikes and weekend camp trips. www.motherlode.sierraclub.org/gls.

Tina Reynolds Uptown Studios is at 912 1/2 J Street (inside the orange door). Tina has art shows, and lots of great activities. Get on her e-mail list and she'll keep you informed of the latest GLBT activities in town - tina @uptownstudioes.net

Sac Sisterhood Group is an African-American group of women who love women in Sac called the SacSistahood. Our group has been meeting for one year as a social network for black women who identify as same-gender-loving. http://www.sacsisterhood.com/list.php

Friday Night Dances at the Methodist Church

These Friday Night Dances provide a fun environment for everyone. Do you enjoy dancing, want to learn to dance, like to socialize or people watch? Come out and join us for a no pressure, stress-free Friday night out. Dance is structured to the Two-Step, Waltz, Cha-Cha, Salsa and Line Dancing. Are you shy about learning to dance or need extra help in learning the dance steps? We can provide private instruction before the group lesson or connect you with someone at the dance to give a one-on-one lesson.

We are a friendly mix of both couples and singles. Dances are held every Friday night at the Central United Methodist Church, 5265 H Street in the Social Hall. Group lessons start at 7:30pm.
Open dance from 8:00-10:00pm. The Hall has a large hardwood floor with plenty of room to dance. No smoking or alcohol is allowed in the social hall. Children are welcome with adult supervision. A $2.00 donation is appreciated, but not required. We have bottled water or juice for $1.00.

You can be notified of upcoming events and any announcements related to the dance by joining our E-mail list at nancin@pacbell.net. No junk mail will be sent. For more information call Cindy or Nancy at 916 987-6614.

We would be grateful for any help you can give.
****

This and That Along With Some Humor

Did you enjoy our SACWN Movie night in November?

We had about 40 women attend. We would like to continue having these movie nights. However, the rental of the portable projector was very expensive. We would like to know if anyone would like to help us continue these movie nights through purchasing or donating a portable projector to SACWN. If you're willing to help, please contact us at 916-451-8034 or email us at SACWN1@yahoo.com.

****

Don't Gross Out the World!

This is a fun & educational quiz. Find out how much you know about eating out in the world ... http://fekids.com/img/kln/flash/DontGrossOutTheWorld.swf

****

The **Washington Post's Style Invitational** once again asked readers to take any word from the dictionary and alter it by adding, subtracting, or changing one letter, and supply a new definition. Here are this year's winners:

Bozone (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.

Cashtration (n.): The act of buying a house, which renders the subject financially impotent for an indefinite period.

Giraffiti (n): Vandalism spray-painted very, very high.

Sarchasm (n): The gulf between the author of sarcastic wit and the person who doesn't get it.

Inoculatte (v): To take coffee intravenously when you are running late.

Hipatitis (n): Terminal coolness.

Osteopornosis (n): A degenerate disease. (What a delightful word! This one got extra credit.)

Karmageddon (n): It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

Glibido (v): All talk and no action.

Dopeller effect (n): The tendency of stupid ideas to seem smarter when they come at you rapidly.

Arachnoleptic fit (n.): The frantic dance performed just after you've accidentally walked through a spider web.

Beelzebug (n.): Satan in the form of a mosquito that gets into your bedroom at three in the morning and cannot be cast out.

Caterpallor (n.): The color you turn after finding half a grub in the fruit you're eating.

****

Pets

Just about all the lesbians I know have at least one pet. We have four cats. Because of this reason, I felt that some information about the choosing of a pet, behavior and care of a pet would be of interest. **This website has some great tips.**
http://www.animed.org/index2.htm

Here's what they say about pets. You are the most important person in your pet's life! As a responsible guardian, the more you know about your pet's medical, nutritional and behavioral needs, the healthier and happier your pet's life will be.

These useful tips can give you a good starting point to understand your companion animal's health and behavior.

To A Phenomenal Woman

TO A PHENOMENAL WOMAN

by Maya Angelou

When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in to wear a belted dress.
But now that I am older,
I've set my body free;
There's comfort of elastic
Where once my waist would be.
Inventor of those high-heeled shoes
My feet have not forgiven;
I have to wear a nine now,
But used to wear a seven.
And how about those pantyhose--
They're sized by weight, you see,
So how come when I put them on
The crotch is at my knee?
I need to wear these glasses
As the print's been getting smaller;
And it wasn't very long ago
I know that I was taller.
Though my hair has turned to gray
and my skin no longer fits,
On the inside, I'm the same old me,
It's the outside's changed a bit.

But, on a positive note...

I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that making a "living" is not the same thing as making a "life."
I've learned that life sometimes gives you a second chance.
I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

I've learned that whenever I decide something with an open heart, I usually make the right decision.
I've learned that even when I have pains, I don't have to be one.
I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.
I've learned that I still have a lot to learn.
I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Financial News

FUND YOUR IRA EARLY IN THE YEAR
Financial Focus

As an investor, if you want to get the New Year off to good start consider fully funding your IRA right away. It's a smart move that can pay off for you – perhaps even more than you'd think.

You've got until April 15 to put in the maximum of $3,000 (or $3,500 if you're 50 or older) into either your traditional or Roth IRA for 2004. So, if you haven't completely funded your IRA for this year, take care of that first. But after you've "maxed out" on your IRA, don't wait another year to fund it for 2005 – because the earlier you contribute, the sooner your money can start working for you.

Do early contributions really make that much of a difference? Consider this: To fund an IRA for any given year, you've got 15 months, from January 1 of one year until April 15 of the next. By consistently funding your IRA at the beginning of that 15-month time frame, rather than at the end, you could accumulate a lot more money.

How much more? Suppose Mary Smith is 35, and, for the next 30 years, she puts the maximum allowable amount into a traditional IRA that earns a hypothetical 8 percent a year. At the end of that time, she will have accumulated $521,117 if she had waited until April 15 every year to make her contribution. But if she had fully funded her IRA at the beginning of each year, she'd end up with $610, 372 – a difference of nearly $90,000. (This calculation assumes you make the maximum contribution each year, including "catch-up" contributions, based on future IRA limits, as established by recent tax law changes. Also, the 8 percent rate of return, which is calculated on an annual basis, is for illustrative purposes only and does not represent any particular investment choice).

Overcoming obstacles to early funding
As you can see, you've got some pretty tangible reasons to fund your IRA early. So, what's stopping you?

If you're like most people, **you'll face at least two barriers** to getting your IRA contributions in early. The **first** of these obstacles, not surprisingly, is procrastination. Whether we like it or not, many of us put things off until we absolutely have to take care of them. So, if we know that we've got until April 15 to put funds in an IRA, we wait until April 15.

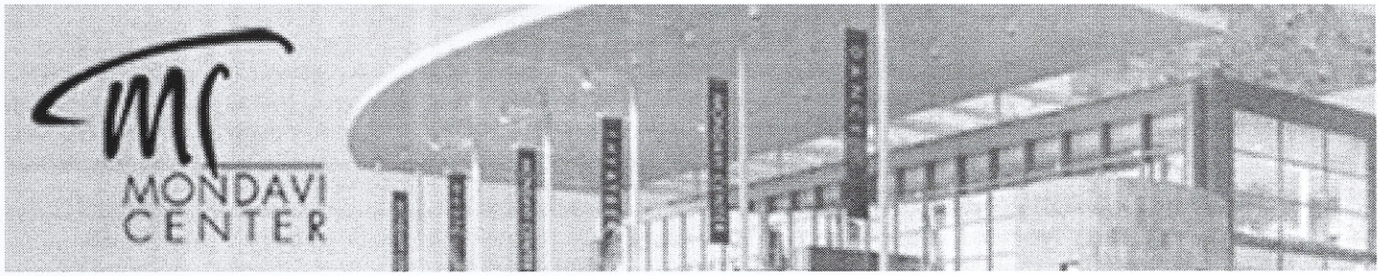
How can you combat this tendency to delay taking action? Try sending yourself reminders. During the early weeks of the New Year, put notes on your calendar or your electronic organizer, reminding yourself to put money in your IRA. By pestering yourself, you just might make the right moves.

The **second** barrier to funding your IRA early is a potentially more serious one: lack of money. It's certainly not always easy to come up with $3,000 or $3,500 at one time. After all, you've got your share of bills to pay – and, in the early part of the year, when you're just coming off the holiday season, you may have taken on more debt. Where can you get the money for your IRA?

There's no easy answer – but try to be creative. Perhaps you'll get a tax refund. Or maybe you've got some funds sitting in a money market account. Or, you could possibly cut back on some of your expenses. You know your situation better than anyone – if you look for ways to free up money, you're likely to find them.

If it's unlikely you'll come up with the lump sum, then start now with monthly contributions. Build the contribution into your budget. Insert a home made invoice or better yet ask your investment representative to send you a monthly invoice, put it with the rest of your monthly bills and make a monthly contribution to your IRA just as you would to your electric company. After all, you'd never think of not paying your light bill, why is your comfortable retirement any less important?

No matter when you do it, it's important to fully fund your IRA. But try to get accustomed to contributing the maximum early in the year, every year. That's a habit you won't want to break.



Mondavi Center's Arts Education program provides an imaginative and accessible way for people of all ages to discover, understand and appreciate the performing arts. We believe that the performing arts change lives by fostering creativity, teaching discipline, improving self-esteem, and challenging us to think in new ways.

In the most interesting and educationally diverse manner possible, we are making the performing arts available to broad segments of our population through pre-performance lectures, matinees especially produced for school groups, professional development opportunities for teachers, adult education classes, master classes for serious aspiring artists, and lecture demonstrations in public schools.

A Mondavi Center Event:

The Buskers Opera
Directed by Robert LePage
Fri, Jun 17, 2005 • 8:00 PM
Sat, Jun 18, 2005 • 8:00 PM
Jackson Hall Lyric Seating

John Gay's comic musical play The Beggar's Opera was first performed in London in 1728, and become an overnight sensation. A satire of government corruption and a parody of Italian opera, it featured characters drawn from the criminal underworld: highway robbers, cutthroats, fencers, jailors and prostitutes. The Beggar's Opera inspired The Three Penny Opera, written by Bertolt Brecht with music by Kurt Weill.
Freely adapted from Gay's masterpiece, The Busker's Opera is the latest play by acclaimed Canadian director Robert Lepage.

With 10 actors, musicians, singers, a DJ, and more than 30 new songs, the play relentlessly depicts musicians, aspiring celebrities, groupies, agents, entertainment lawyers, and prostitutes. In a wild, trans-Atlantic ride, The Busker's Opera takes us from London to New York, Atlantic City, New Orleans, and Texas as it parodies rock, blues, reggae, jazz, country, disco, rap, and show tunes. The Busker's Opera is a biting and irreverent examination of artistic freedom and the product that remains after the steamroller of the music industry has driven by.

Learn more about the original Beggar's Opera at:

http://www.vcm.bc.ca/showbegg.html

"Some people see things as they are and say why. I dream things that never were and say why not?"
.....Robert F. Kennedy

SACWN's Advertising Rate
Business ads are just $60 per year!

Don't miss out on the best deal in town!
Call 916-451-8034 and let us advertise your business to our membership.

Couples, Families, Individuals
Ellie Zacks, Ph.D.
Clinical Psychologist
PSY10426
(916) 863-1790
By Appointment
9700 Fair Oaks Blvd., Suite D, Fair Oaks, CA 95628

J. Dutra Appraisal Service

Jessica Dutra
Certified Residential
Real Estate Appraiser

P.O. Box 1570
Rocklin, CA 95677

Off. (916) 783-2100
Fax (916) 783-8412
Email: jdutra@surewest.net

How does your garden grow?
Ann Kempees
Designer of Landscapes
Specializing in low water & California native plants.
916-995-1052
akempees@macnexus.org

Killick
Financial Services
Tax Preparation--Consulting
Bookkeeping--Payroll

Linda E. Killick
(916) 486-8985

2321 Lloyd Lane, Sacramento

Law Offices of
Rosemary Metrailer
Mediation • Arbitration • Business Law

Rosemary Metrailer, *Attorney at Law*
PO Box 215, Nevada City, CA 95959
email: **rmetrailer@metrailer.com**
Sacramento: **(916) 447-7258** | Nevada City: **(530) 265-3062**
Facsimile: **(530) 265-0601**

Empowerment in Action
Chrissy L. Buford, BSW
Personal Life and Business Coach
Strategies, Solutions & Action Plans

E-mail: chrissy@coachingheart2heart.com
www.coachingheart2heart.com

Tel: (916) 752-8173
Tel: (530) 672-9169

2150 River Plazza Dr., Ste. 350
Sacramento, CA 95833

SACWN - Membership Application

Name: _____

Name: _____

Address: _____

City: _____State: _____ Zip: _____

Phone: _____ E-mail: _____

(Circle One): NEW RENEWING

CATEGORIES/RATES:

(Check One): ___Regular $24.00 ___Sustaining $48.00 __Limited Income $12.00
Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

_____I/we would like to receive the newsletter electronically.

E-mail Address: _____ *(if different from above)*

Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

Signature: _____ Date: _____

Signature: _____ Date: _____

Please make checks payable to: **SACWN**
Mail to: **SACWN**
PO Box 19036
Sacramento, CA 95819-0036

Want to contact us but don't want to write? SACWN has voice mail and E-mail! Call us at (916) 451-8034 and leave a message and we will respond as soon as possible. OR you can send E-mail to:
SACWN1@yahoo.com

PO Box 19036
Sacramento, CA 95819-0036

SACRAMENTO CA 957
PM
04 APR
2005

37 USA
2003

SACWN, Inc.
Sacramento Area Community Women's Network

Rosemary Metrailer
Tina Costella
PO Box 215
Nevada City CA 95959

MEMBERSHIP
EXPIRING SOON
PLEASE RENEW